Beet & Carrot Juice

Ingredients

- 2 medium beetroots, peeled and chopped
- 4 medium carrots, peeled and chopped
- 1 apple, cored and sliced (for natural sweetness)
- 1-inch piece fresh ginger, peeled (optional, for a zing)
- Juice of ½ a lemon
- 200ml water (if using a blender)

Directions

1. Using a Juicer:
2. Feed the beets, carrots, apple, and ginger into a juicer.
3. Stir in the lemon juice and serve immediately over ice if desired.
4. Using a Blender:
5. Add chopped beets, carrots, apple, ginger, and water to a blender.
6. Blend until smooth, then strain through a fine sieve or cheesecloth.
7. Stir in lemon juice and serve chilled.